



T.K MADHAVA MEMORIAL COLLEGE
NANGIARKULANGARA

HEALTH CLUB- 2019-2020

CLUB COORDINATOR: Dr Jasmine Anand (Dept of Zoology)

LIST OF MEMBERS :

SL NO	NAME	DEPARTMENT	ROLE
1	Dr Sheela S	Dept of Zoology	Member
2	Lt, Senna V	Dept of Economics	Member
3	Smt.Sinu Mol	Dept of Mathamatics	Member
4	Smt Sersha T S	Dept of English	Member

OBJECTIVES

The Government of India has given fitness and good health a national priority to motivate every person to come up to sound physical standards. In order to address the Health issues and create awareness towards students, faculties and staff members, the Health Club was initiated with unique objectives.

- To promote and provide awareness about food safety.

- To create awareness about the Health status and Health related issues among female and male students, faculties and staff members.
- To accord high priority to physical and mental fitness.
- To provide counseling for the different Health issues of the students and faculties by the team of Doctors.
- To encourage and adopt policies and practices towards fitness and well-being

ACTION PLAN

The health club of T.K.M.M COLLEGE has conducted a general body meeting on 29-10-2019, 2pm, with principal Dr P.P.Sharmila as chairman and Dr Arun S. Prasad, Department of Physics (University Club) as the general convener. In the meeting we present the action plan for 2019-2020.

- To motivate the students to develop an awareness on healthy diet and food habits
- To Aware students on the importance of blood donation
- To acquire knowledge on Life style disease, the importance of exercise and diet in controlling it.
- Promote and practice Plastic free awareness campaign

ACTIVITY REPORT:

List of activities of the club are given below:

Activity 1: A mass campaign for the students and teachers to get them aware about their current Body Mass Index (BMI) status.

Body mass index (BMI) is an estimate of body fat based on height and weight. It doesn't measure body fat directly, but instead uses an equation to make an approximation. BMI can help determine whether a person is at an unhealthy or healthy weight. A high BMI can be a sign of too much fat on the body, while a low BMI can be a sign of too little fat on the body. The higher a person's BMI, the greater their chances of developing certain serious conditions, such as heart disease, high blood pressure, and diabetes. A very low BMI can also cause health problems, including bone loss, decreased immune function, and anemia.

Body Mass Index Formula : BMI is calculated by dividing a person's weight in kilograms by height in meters squared (kg/m²). Since height is commonly measured in centimeters, divide height in centimeters by 100 to obtain height in meters.

$$\text{BMI Formula} = \text{Weight (kg)} / \text{Height (m)}^2$$

Body Mass Index for Adults

Adults age 20 and older can interpret their BMI based on the following standard weight status categories. These are the same for men and women of all ages and body types:

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese

The program was inaugurated on 14-2-2019 by the respected principle Dr P.P.Sharmila by taking his BMI. All the members of the health club along with the teachers and students of the college took part in the mass campaign. Dr. Aneesh.R, Assistant Professor physical education delivered a talk on BIM. The programme was a stepping stone to all of us in line with health practices at our college.

Activity 2: Diabetics Check Up Camp

In collaboration with the Rotary Club of Haripad, the Health Club has organized a free diabetic check up camp. All the staffs and students of the college has participated in the program, the principal Dr P.P.Sharmila inaugurated the camp. The health officials delivered a good lecture about life style diseases and its contol.



Activity 3: Campaign for plastic free campus

A mass campaign was conducted by the volunteers of NSS and Health Club, to free our college campus with plastics. They actively participated in the campaign and removed the plastic litters from the campus. They took awareness

classes to the other students of the college and explained the harmful effect of plastics to humans and environment.



Activity 4: Aerobic Classes for Students.

As a part of the health club, Aerobic class was conducted for the girl students of the college. This program was co-ordinated by, Dr. Aneesh R, Assistant Professor physical education and Mrs Lt.Seena V (Members Health Club). All the students of the health club and interested students from the college participated in the program These kinds of the program inspire people to get aware about their health. . Later on we conducted a yoga class and naturopathy class for the students of the college. There we gave practical yoga class sections and an awareness class about how yoga influences our mind body soul.

Activity 5: As a part of National Voluntary Blood Donation Day 2019 , NCC cadets an HEALTH CULB students of our college donated blood to the blood bank of TMD Medical College Alappuzha,



LIST OF STUDENT MEMBERS:

Sl. No.	Name	Department	Role
1.	APARNA .M	English	Member
2.	SREYA M	English	Member
3.	S.M .MILAN	English	Member
4.	SREYA S VIJAY	English	Member
5.	SUBIN RK	Zoology	Member
6.	H.AJITH	Zoology	Member
7.	K.S. KASYAP	Zoology	Member
8.	SUMITHRA	Zoology	Member
9	YADHUKRISHNAN MP	English	Member
10	LAKSHMI LALAN	English	Member
11	BIBIYHA BIJU	English	Member
12	SANIKA	English	Member
13	HARIKRISHNAN.R	Zoology	Member
14	SANDEEP S	Zoology	Member
15	DEVIRIYA J	Zoology	Member
16	ANILA WILSON	Zoology	Member
17	ARYA PRAKASH	English	Member
18	VARSHA MANOJ	Zoology	Member
19	ARCHANA R	Zoology	Member
20	ARCHANA SAJEEV	Zoology	Member
21	RESHMA. U	Zoology	Member